THE CLARION

January 2022

Culpepper Garden
Housing and services for low-income seniors in Arlington County

4435 North Pershing Drive, Arlington, VA 22203
(703) 528-0162
VA Relay: 1-800-828-1120

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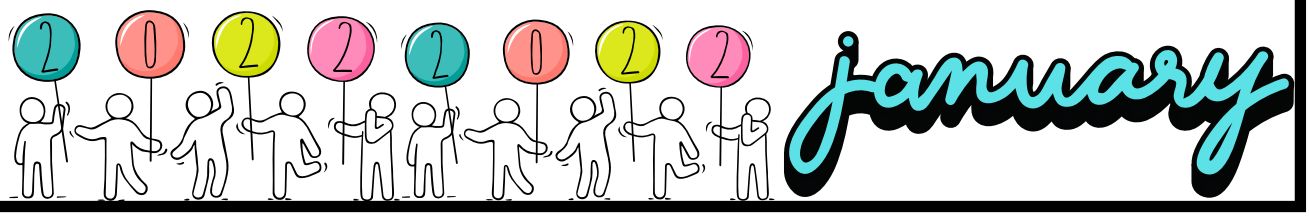


IF YOU WOULD LIKE TO RECEIVE THE CLARION ELECTRONICALLY PLEASE EMAIL BCLAYTON@CULPEPPERGARDEN.ORG

Our communities do not discriminate on the basis of race, color, religion, national origin, sex, elderliness, familial status, disability, source of funds, sexual orientation, gender identity and veteran status in the admission or access to, and/or treatment and employment in, its federally assisted programs and activities. Occupancy is open to all persons who meet the communities' eligibility criteria, regardless of the aforementioned federal and state statutorily protected classes.

ADMINISTRATIVE TEAM

Paul Timpane Director of Property Operations
Olga Peay Business Office Manager
Rebekah Pearson Director of Resident Services
Becca Clayton Resident Services Coordinator
Angel Thompson Staff Accountant
Ever Sanchez Director of Plant Operations
Ray Riddle Dining Services Director
Becky Ellison Director of Admissions
Gabby Chavez Marketing and Admissions Specialist
Candy Dragity Front Desk Coordinator

ARHC
Marta Hill Gray Executive Director
Jasmin Witcher Development and Communication Director
Ashley Gomez Volunteer Outreach and Activity Manager

Assisted Living
Kimberly Searcy Assisted Living Administrator
Precious Tillman Director of Nursing
Donia Hossain Resident Services Coordinator
Lisa Bowie Activities Director

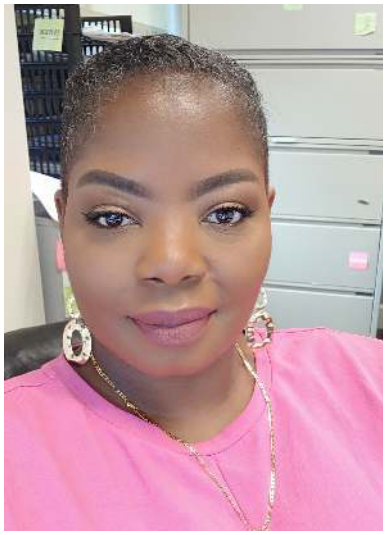
EMPLOYEE OF THE MONTH

December Employee of the Month is...

Chloe Burbach

For her cheerful attitude and customer service in the Dining Room!

Staff Highlight: Angel Thompson



Job Title: Staff Accountant
How long have you been at Culpepper Garden? 3 years
What is your favorite part about your job? Having an opportunity to assist our unique residents is a rewarding experience. Although I take scheduled visits, I hope the residents take comfort in knowing I'm here to provide the most accurate information possible.
Where did you grow up? Washington DC
If you could change places with anyone in the world, who would it be and why? Madame C.J. Walker. Though she has passed on, her legacy has been taught throughout the years. As you know, I love everything about hair and make-up. She was one of the first African American self-made millionaires that developed and marketed a line of cosmetics and hair care products for black women. She was a philanthropist, political and social activist who donated and raised money for several African American causes like YMCA, National Association of Colored Women Club and Tuskegee Institute to list a few. I've always looked up to her.
What is the best advice you ever received? Love yourself and do what makes you happy.
Tell us a fun fact about yourself! I love animals! My favorite type of animal is reptiles. I owned a red tail boa and his name was Snakey.

HAPPY BIRTHDAY

Apt.	Resident	Day
022	Tsighe Ghebreigziabiner	01/01
734	Gloria Blanchfield	01/01
232	Faroza Sadiq	01/01
126	Fouzia Mourad	01/03
323	Francis Sullivan	01/05
611	Guenet Dessalegn	01/06
222	Margie L. Rowzie	01/07
404	David Green	01/08
710	Om Gulati	01/08
416	Chun Park	01/08
407	Maria Rios-Totten	01/08
510	Nicolas Cisneros Mendez	01/09
211	Richard MacDonald	01/09
310	Gladys Sejas	01/09
403	Elizabeth Vu	01/10
233	Olga Caceres	01/10
319	Ian Woodbury	01/10
214	Gloria Liberatore	01/11
423	Claudette Ravaoarimanana	01/12
027	Letebrhan Tesfamichael	01/13
612	Shirley Durant	01/14
808	Shehla Ahmed	01/14
320	Michele Maddox	01/15
415	Susan Richardson	01/17
212	Chan Woo	01/18
534	Jean Wolski	01/18
335	Jacqueline Pasquine	01/19
318	Violeta Murillo	01/19
520	William Fraley	01/19
616	Horacio Reyes	01/21
825	Maria Arias	01/23
728	Elisa DiCenzo	01/24
526	Hirut Lemma	01/25
811	Mengchun Huang	01/25
717	Dee Bivens	01/27
826	Joseph Giarrusso	01/30

FROM THE DESK OF THE DIRECTOR

Dear Residents, Families, Staff, and Friends of Culpepper Garden!

Welcome to the year Two Thousand Twenty-Two (2022!) I wish our entire community health and happiness in the new year!! Every year brings new opportunities to change and consider different ideas and perspectives. It is a time of year where I take stock of my family and myself, make some admissions on areas I want to improve in my life. I find this a rewarding time for self-reflection and setting positive goals for being a better person. My first wish for 2022 is for all of you to reach your positive goals this year!

We have reported one resident in December who tested positive for COVID-19 at Virginia Hospital Center. We need to maintain our vigilance and continue reminding ourselves, fellow residents and especially family and friends, that we can minimize the potential for illness in the building by being cautious. Continue to practice safe practices by wearing a mask and washing hands. The pandemic is not over. Building access rules remain unchanged this month. Some large events are being postponed for now.

Culpepper Garden Management Update

1. There will be several policy and rules updates, reminders, and changes in the coming months. The first update is a clarification of what the staff at Culpepper Garden are, and are not, permitted to do for residents, including medical emergencies. Residents in Culpepper Garden I & II are expected to be able to maintain a level of independence that includes personal and medical safety planning and communications. Staff do not provide daily visual, phone, wellness or welfare checks on residents. The full policy clarification will be provided in Resident flyer boxes and available at the front desk and resident services.
2. A new parking policy will be put in place in the early spring months. All residents will be required to provide updated vehicle registration and inspection information, valid driver license and proof of insurance to be given a new parking pass. Vehicles that are not in working order or are not street legal will not be permitted on the property. Short term parking spaces for business hours will be available for visitors. Parking passes will have to be renewed yearly. More information will be published and discussed at the Residents Association meeting in January.
3. Marta Hill-Gray and her team have been busy planting thousands and thousands of spring flower bulbs as part of ownerships grounds improvement program. It is going to be a spring like no other here at Culpepper Garden!! Coming soon!!

Paul's Prose

"Gray and sparkling blue intertwine in the cold sky. Crisp air, fluttering coats; whipping hair, winter tropes. 'Think Spring' says the lark, oblivious to the starkness of it all. A new year starts like the old, in slumbering possibility"

Thank you. See you around the building!

Paul T.

january 2022

National Glaucoma Month
National Braille Literacy Month
National Slow Cooking Month
National Soup Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 6:45 PM Movie Night
2 10:15 AM Catholic Holy Communion Service 2:00 PM Protestant Service	3 10:00 AM Exercise Class 1:00 PM Cyber Seniors 1:30 PM Music & Movement	4 10:00 AM Exercise Class 10:00 AM Blood Pressure 1:00PM: Painting with Shelby 2:00 PM Bingo 5:30 PM Dee's Cabaret	5 10:00 AM Exercise Class 1:00 PM Cyber Seniors	6 10:00 AM Exercise Class 2:00 PM Bingo 2:00PM: PACE 6:00 PM Valerie's Piano Lounge	7 10:00 AM Exercise Class 10:00 AM Blood Pressure Clinic 2:30 PM Ben On The Keyboard 3:00 PM English Class 6:45 PM Movie Night	8 9:30 AM Nail Salon 6:45 PM Movie Night
9 10:15 AM Catholic Holy Communion Service 2:00 PM Protestant Service	10 10:00 AM Exercise Class 1:00 PM Cyber Seniors 1:30 PM Music & Movement	11 10:00 AM Exercise Class 10:00 AM Blood Pressure 1:00PM: Painting with Shelby 2:00 PM Bingo 5:30 PM Dee's Cabaret	12 10:00 AM Exercise Class 10:00 AM Bible Study with Pastor Mike 1:00 PM Cyber Seniors 2:00PM: Bayada Health Chat: Vision	13 10:00 AM Exercise Class 2:00 PM Bingo 6:00 PM Valerie's Piano Lounge	14 10:00 AM Exercise Class 10:00 AM Blood Pressure Clinic 10:30AM: Lifeline Table 1:00 PM Green AFAC Pick Up 2:30 PM Ben On The Keyboard 5:00 PM Winter Ball 6:45 PM Movie Night	15 10:00 AM Bingo 6:45 PM Movie Night
16 10:15 AM Catholic Holy Communion Service 2:00 PM Protestant Service	17 10:00 AM Exercise Class 1:00 PM Cyber Seniors 1:30 PM Music & Movement *Martin Luther King Jr. Day*	18 10:00 AM Exercise Class 10:00 AM Blood Pressure 2:00 PM Bingo 5:30 PM Dee's Cabaret	19 10:00 AM Exercise Class 3:00 PM Cyber Seniors	20 10:00 AM Exercise Class 2:00 PM Bingo 6:00 PM Valerie's Piano Lounge	21 10:00 AM Exercise Class 10:00 AM Blood Pressure Clinic 2:30 PM Ben On The Keyboard 3:00 PM English Class 6:45 PM Movie Night	22 6:45 PM Movie Night
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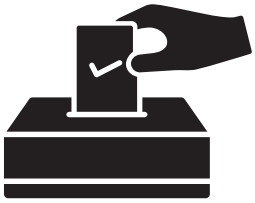
30 10:15 AM Catholic Holy Communion Service 2:00 PM Protestant Service	31 10:00 AM Exercise Class 1:00 PM Cyber Seniors 1:30 PM Music & Movement				**Check CATIE TV for updates and location changes!**	**Activities will scroll on the right side of the screen!**

UPDATES AND REMINDERS

Comments?
Ideas?
Complaints?
Suggestions?



Please make use of both of our suggestion boxes:
Resident Association: Beside the Front Desk
Resident Services: Garden Level, beside Resident Services

YOUR FLYER BOX IS *BELOW* YOUR APARTMENT NUMBER

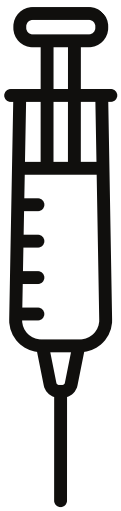
Happy New Year!

Packages and Food Delivery
Please make sure all packages and food being delivered to the community has your name and apartment number on it. Thank you!
- Front Desk Staff

LANGUAGE SERVICES

Culpepper Garden will make reasonable efforts to provide or **arrange free language assistance** for all its clients with Limited English Proficiency (LEP). This service is available to all LEP clients, including applicants, recipients, and/or persons eligible for housing or employment at Culpepper Garden.

FLU AND COVID PRECAUTIONS



Wash your hands

Be diligent about mask use

Social Distance

Limit large group gatherings

COVID VACCINES

IF YOU ARE CURRENTLY UNVACCINATED AND WOULD LIKE A VACCINE, OR NEED A BOOSTER, PLEASE CONTACT RESIDENT SERVICES

RECERTIFICATION UPDATE

For Culpepper Garden I Residents

In the near future, there will be some changes in your LIHTC recertification effective dates. No need for you to do anything at this time. When it's time for your Annual Recertification, you will receive a notice from the Recertification Department with details.

For Culpepper Garden II Residents

In the near future, there will be some changes in how your Annual Recertification is processed and completed. When it's time for your Annual Recertification, you will receive a letter from the Recertification Department with details.

Compliance Department

SCAM ALERTS

This year, we have seen many scam phone calls, emails, and direct mail come through the building.

Tips for avoiding common scams:

On the phone....

JUST HANG UP! Do not give the scammer the time to suck you in. Do not answer calls from numbers you to do not know, and do not give out any personal information on the phone. Remember, no government agency will ever call you asking for information.

On your email....

Do not click on any links or attachments from senders you do not trust.

On direct mail....

If you receive a letter, double check to make sure it actually came from the agency they claim to be from. If they tell you that you won something or may qualify for additional benefits if you just fill out a form, be wary. Bring it to Resident Services, and we will help you take a look.

Please be vigilant! If you have a question on if something may be a scam, trust yourself! If you think it is a scam, it probably is.

TIPS AND TRICKS

NUTRITION TIP OF THE MONTH

International Culinary Traditions

Every culture has unique ways to ring in the New Year. Food is often at the center of those traditions. Here are a few traditions you might like to try:

- In Spain, people eat 12 grapes as the clock strikes 12 midnight
- Tamales are a popular holiday food in Mexico, especially New Year's
- Created by using marzipan, "good luck pigs" are served in Austria and Germany
- In Japan, buckwheat soba noodles are eaten to welcome the new year
- Pickled herring is eaten in Scandinavian countries to bring in a year of prosperity
- A wreath cake called Kransekage is eaten in Denmark and Norway

Cheers to a healthy and delicious 2022!

VIRGINIA HOSPITAL CENTER

FITNESS AND FUN

BAYADA Home Health Care

FITNESS TIP from BAYADA

5 Tips to Stick to Your Fitness Goals

The new year brings lofty goals of health and wellness. Unfortunately, most new year's resolutions are abandoned within the first month. Here are some strategies to stick with it and achieve your goals.

Keep goals small and specific. A goal that is manageable and attainable is more likely to result in continued dedication to a greater goal

Make fitness a priority. The CDC states that regular physical activity can help control weight, strengthen bones & muscles, improve mental health & mood, & reduce risk for disease.

Don't go it alone. Having the accountability of a friend or coach increases compliance

Mix it up. Adding variety to your exercise routine also increases compliance and results.

Track your progress. This can be instrumental in offering positive reinforcement which will promote long term adherence.

SELF CARE CORNER

Make your Bed!

My mom used to tell me to make my bed, and I never used to see the point. Why make a bed, when you are just going to sleep in it and get it all messed up again? There are actually quite a few reasons that show that making your bed, can make the world of difference.

Mental Health Benefits of Making the Bed

- A feeling of accomplishment
- A sense of Calm
- Better Sleep
- Enhanced Organization
- Improved Focus
- Relaxation
- Stress Reduction

This process does not have to be complicated, and can be as simple as pulling up the covers.

Start your morning with a win, and a sense of accomplishment. Scratch one thing off of your to-do list, and make your bed.

RESIDENT SERVICES

Come visit Resident Services on the Garden Level. We are here to help you navigate services at Culpepper Garden, and in Arlington County. We have an open door policy, and welcome drop ins. You can call us to make an appointment, or stop by anytime!

Best wishes and Cheers, Rebekah & Becca

JANUARY CHALLENGE

New Years Resolutions: SMART Goals

As the New Year rolls around, many people start making new years resolutions. This year, try setting a SMART goal. SMART goals have 5 parts to them that make them more attainable. The 5 SMART goal traits are:

S - Specific
M - Measurable
A - Attainable
R - Relevant
T - Time Based

<u>January Challenge:</u>

Set a SMART Goal for 2022. Tell one friend, or tell Resident Services, to keep yourself accountable!

Resoluciones de Año Nuevo: Objetivos SMART

A medida que avanza el Año Nuevo, muchas personas comienzan a hacer resoluciones de año nuevo. Este año, intente establecer un objetivo SMART. Los objetivos SMART tienen 5 partes que los hacen más alcanzables. Los 5 rasgos del objetivo SMART son:

S - Específico
M - Medible
A - Alcanzable
R - Relevante
T - Basado en el tiempo

<u>Desafío de enero:</u>

Establezca un objetivo SMART para 2022. ¡Dígale a un amigo, o dígale a Servicios para Residentes, que se mantenga responsable!

COME SEE US FOR MORE INFORMATION ABOUT ANY OF THE FOLLOWING SERVICES, AND MORE!

- Nutrition and Meals
  - AFAC
  - Culpepper Dining
  - Arlington County Meal Subsidy
- Transportation
  - Metro Access and STAR
  - Super Senior Taxi
  - Senior Loop
- Health Services
  - Physical, Occupational, and Speech Therapy
  - Home Health
  - Home Care
  - Primary Care
  - Specialty Care
  - Mental Health
  - Medication Management
- Financial and Legal Services
  - Legal Services Northern VA
  - VICAP
  - Medicare Portal
- Arlington County and State Resources
  - Nurse Case Management
  - Adult Services
  - Senior Adult Mental Health
  - Community Living Program

Rebekah Pearson
Director of Resident Services
703-528-0162 Ext. 141
rpearson@culpeppergarden.org
Becca Clayton
Resident Services Coordinator
571-699-3831
bclayton@culpeppergarden.org

RESOURCE HIGHLIGHT: CAPTION CALL

Trouble hearing on the phone?

CaptionCall allows you to see and hear conversations and is now available to residents with hearing loss at no-cost.

To request CaptionCall, contact the office for assistance.

No Landline and No Internet options are available.

What is CaptionCall?

Make your next phone call with confidence knowing you'll understand every word with the CaptionCall service. CaptionCall phones work just like a regular phone with the advantage of real-time captions. It's easy to use and available at no cost for qualified people with hearing loss who need captions to use the phone effectively. Free delivery and free installation are included and no Medicare or insurance is required.

CaptionCall Life is Calling | CaptionCall.com

Community CaptionCall Representative: Lisa Mottesheard (804) 349-7567 / id # 1635066

TO USE CAPTIONCALL, YOU MUST HAVE HEARING LOSS THAT NECESSITATES THE USE OF CAPTIONED PHONE SERVICE. CaptionCall is available in the United States ONLY. FEDERAL LAW PROHIBITS ANYONE BUT REGISTERED USERS WITH HEARING LOSS FROM USING INTERNET PROTOCOL (IP) CAPTIONED TELEPHONES WITH THE CAPTIONS TURNED ON. IP Captioned Telephone Service may use a live operator. The operator generates captions of what the other party says. These captions are then sent to your phone. There is a cost for each minute of captions generated, paid from a federally administered fund. No costs are passed along to individuals who qualify for the service. The CaptionCall phone remains property of CaptionCall in order to provide ongoing support, service, and upgrades. ©2020 CaptionCall, LLC. All rights reserved. Patent information: www.CaptionCall.com/patents. CaptionCall and the spiral mark are registered trademarks of CaptionCall, LLC.

SAFETY CHECKS AT CULPEPPER GARDEN

Culpepper Garden I & II Independent Living (IL) buildings do not provide medical or self-care assistance to residents. Residents in IL are expected to be able to maintain a level of independence that includes personal and health safety planning and communications.

We strongly encourage residents to develop a list of other residents, friends, or family should they desire wellness checks. In addition, technology including personal emergency services are widely, and reasonably, available for residents. Culpepper Garden IL does not provide this service.

For more details on the current policy, please refer to the letter provided in your flyer box.

Please contact the Director of Property Operations with any questions.
Thank you.

- Paul Timpane

AVAILABLE RESOURCES

PHILIPS LIFELINE AND VIRGINIA HOSPITAL CENTER
703-558-6859

Lifeline gives you the confidence and freedom to live independently. At the push of a button, help is available 24 hours-a-day, 7 days-a-week. This will give your family and friends peace of mind knowing that you are safe and secure in your apartment. Virginia Hospital Center Senior Health Staff members provide hands on set up an service at no additional charge. Your health and wellbeing are important to us.

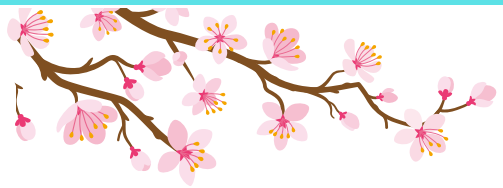
Lifeline Plans start at $32/month

FRIENDLY CALLER WITH SHEPHERD'S CENTER
703-323-4788

Caring volunteers make regular phone calls to home-bound or isolated older adults. These volunteers have developed real friendships with those they contact. The focus of this service is to assure older adults that someone is thinking about them. Along with providing companionship, volunteers are supporting older adults to maintain their connections within the community.

SERVICE COORDINATOR EVENTS

PACE BINGO

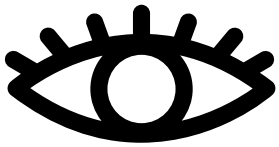


Join us on ***January 6th*** at ***2PM*** in the ***Multipurpose Room*** to play BINGO while learning about the new Cherry Blossom PACE program and what it offers!

Sponsored By:

Cherry Blossom PACE
Program of All-Inclusive Care for the Elderly

BAYADA HEALTH CHAT



Come join us on ***January 12th*** at ***2PM*** in the ***Multipurpose Room*** for a chat on vision and important ways to take care of your eyes!

Sponsored By:

BAYADA®
Home Health Care

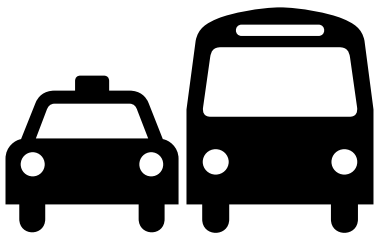
PHILIPS LIFELINE

Check out the table in the ***Lobby*** on ***January 21st*** at ***10:30PM*** to learn about Philips Lifeline, a safety alert system with VHC.

Sponsored By:

VIRGINIA HOSPITAL CENTER

PARKING AND TRANSPORTATION PANEL



Join us on ***January 26th*** at ***10AM*** in the ***Multipurpose Room*** for a panel to ask questions about parking, transportation and more!

PROGRAMMING AT CULPEPPER GARDEN

WE MISS YOU!

2021 has been a year of recuperation for many people. As we start to re-open, and get back into programming, we are looking forward to seeing more of you.
This last year, we have been getting an average of 5-10 people attending each program. With 293 of you in the building, we are looking to find ways to increase attendance. We have been trying to implement as many of your ideas into our programs as possible. We want to make sure our programs reflect the wants and needs of our residents. Please help us with ideas on what you would like to see in the community!

BENEFITS OF SOCIALIZATION

There are many benefits associated with fighting isolation and attending social programming.

- Reduced Stress and Anxiety
- Greater Self Esteem
- Reduced Risk of Depression
- Longer Lifespan
- Sense of Belonging

RISKS OF SOCIAL ISOLATION

The CDC has identified loneliness and social isolation as serious public health risks. Nearly 1 in 4 seniors are considered to be socially isolated. There are many health risks associated with isolation, including obesity, physical inactivity, mental health concerns, and heart disease.

PUNCHCARDS

In 2022, we will be starting a new rewards system for program attendance. Each resident will be given a punch card in their flyer box, with their January 2022 Clarion.
Each program you attend, will earn you one punch!
In March, June, September, and December we will be having a quarterly programs drawing. Residents who would like to be entered will bring their punchcards to the raffle, and each punch will count as one entry to win a gift basket or prize!
(The more programs you attend, the more chances to win.)

Programming is designed to be a group activity. Please keep giving us ideas, and let us know what you want to see in the building.
Remember, the best feedback that you give us is your attendance. If programs are not well attended, we assume that those programs are not of interest.

We look forward to seeing you all at activities and programs in 2022!

- Rebekah, Becca, and Ashley

RESIDENT SERVICES UPDATES

NUTRITION

IMPORTANT: AFAC UPDATE

Starting January 1st, ***staff and volunteers will no longer be delivering AFAC food***.

You ***must*** come down to pick up your food from the Multipurpose Room. (One time exceptions will be made in advance on a case by case basis.)

If you do not come down after 3PM, we will call you to come pick it up from Resident Services.

All food that is not picked up before 5PM will be distributed in the Lobby.

SURVEY 2022

Resident Services is required to complete a minimum of one survey each year. Beginning in 2022, this survey will take place every January.

Your surveys are anonymous and results from our surveys will impact programming for the rest of the year. Examples of implemented survey plans are: increase in programming, dental clinics, and vision clinics.

Surveys will be translated into different languages, upon request, and we are always happy to provide accommodations.

Please keep an eye out for your survey. They will be distributed to flyer boxes early in January, and you will have until January 31st to return it.

Questions or concerns? Please contact Resident Services

CLINIC SPACE

BLOOD PRESSURE

Every Tuesday and Friday
10AM-12PM

(Will also be checking blood sugar)
residents must bring their own equipment for blood sugar

PHYSICAL THERAPY

Walk In Screenings
Thursday 11AM - 12PM

To schedule an appointment with Genesis call: **571-800-8693**
Therapist on site Monday, Tuesday, and Thursday Mornings.

PODIATRIST
January 17th

Please schedule your appointment with the front desk.

DERMATOLOGIST
January 24th

To schedule an appointment please call **877-345-5300**

MENTAL HEALTH
Thursdays

George Washington University Doctoral Student, Jayoti Soor, will be seeing residents interested in counseling services.

Appointment Required.
Please see Resident Services for a referral.

ADDITIONAL SERVICES

Please contact Resident Services regarding any clinics that you would like to see in 2022!

Culpepper Garden Service Coordinators
Rebekah Pearson and Becca Clayton

ARHC ACTIVITIES

WINTER BALL

Join us for our first dance of the year!

January 14th, 2022

5:00pm - 7:00pm

Dining Room

FENWICK FOUNDATION ACTIVITIES

The Fenwick Foundation provides many activities and programs for you to attend. Opportunities will be posted weekly. Sign up with Ashley if interested in any.

TESTIMONIALS

We are looking for resident testimonials to share on our updated website. Please stop by Jasmin's office.

LUNCH CHECK VOLUNTEERS NEEDED

We need resident volunteers to assist the Dining Room with Lunch and Dinner checks. For questions or to sign up to become a volunteer, contact Ashley.

FOR DAILY ACTIVITIES REFER TO THE CALENDAR ON PG. 5 AND THE TV IN THE LOBBY

ARHC Volunteer Outreach and Activity Manager

Ashley Gomez

RELIGIOUS SERVICES

Bible Study with Pastor Mike
Every other Wednesday
10am - AL 8th Floor

Catholic Mass
Last Thursday of the month
2pm - Multipurpose Room

Catholic Holy Communion Service
Every Sunday
10:15am - Multipurpose Room

Protestant Church Services
Every Sunday
2pm- AL 8th Floor

Pray the Rosary
First Tuesday of the month
2pm - Multipurpose Room

If you do not see what you are looking for, and would like to bring in additional services, please reach out to us.

Culpepper Garden is a safe place for all religious practices. Please let us know how we can best support you!

LIBRARY SERVICES

Books by Mail:

For Arlington Residents who are homebound and unable to visit the library due to a physical disability or impairment, we mail the library to you! Choose from large and regular print books and audiobooks.

Call: (703) 228-5960 or Email: lib-booksbymail@arlingtonva.us

Talking Books:

For Arlington Residents who are have visual or physical impairments that prevent them from reading print books. Choose from thousands of books, magazines, and newspapers. ***The library lends you a specialized player you can use.***

Call: (703) 228-6333 or Email: talkingbooks@arlingtonva.us

Library Event
First Friday of the month
NEXT EVENT: FRIDAY JANUARY 7TH
1PM - 3PM
5TH FLOOR CG2 LOBBY

ARHC Volunteer Outreach and Activity Manager
Ashley Gomez

RESIDENT SPOTLIGHT: NORA SALAZAR

Nora has had a long and interesting journey from her birthplace in Bolivia, South America, to her present home at Culpepper Garden. Her father was from Chile, her mother from Bolivia, and Nora was the third of seven children. She attended elementary and high school in Bolivia and took several crafts courses after high school. At weddings and other social events, she met the person who was to be her future husband, German, when she was 12 and he was 20. Both families went to the same pool where German was a good swimmer. Before he left to study and work in Germany he, unbeknownst to her, met with her father to ask for her hand in marriage.

Fortunately, she was in favor of the idea since they had already been friends for many years. While he was in Germany, her father died at the young age of 49. When German returned, they married when she was 19 and he was 27. She was happy to marry him since he was intelligent, well educated, humble, and a good man. They lived near her mother and helped with the family after her father died. Nora and German had six children—three daughters and three sons. His profession as a lawyer allowed him to provide comfortably for his wife and six children. He was an excellent chess player and represented Bolivia in chess tournaments around the world. Unfortunately, German passed away at age 53. At that time, their oldest daughter was married and three sons were working and studying in college.

After her husband's death, Nora was able to get a job in social services at a senior center where she became manager for five years. Her brother had moved to the U.S. and she decided to join him, in the hope of getting better paying work. She arrived, not knowing any English; she had studied French in school but that wasn't very helpful! She lived with her brother and found jobs as babysitter, house cleaner, and eventually, as a nanny or maid who lived where she worked. In addition to working during the day, she went to school at night to learn English. Her life was so different from her life in Bolivia where her original family had maids and, in the U.S., she needed to work as a maid. She managed to get a job as an aide at a senior center in Georgetown where she worked for five years. For the next ten years, at various times, she cared for two older women and a woman with an infant, living in their homes. She saved money to bring her children to the U.S., one at a time. Since the children were educated, they were able to find jobs. At one time, she and two brothers and one son lived in a one-bedroom apartment. Since they had different schedules, they weren't there at the same time and Nora usually lived in the homes where she worked.

Resident Spotlight Written By: Mary Campbell

RESIDENT SPOTLIGHT:

Nora's children are grown, with their own families and live in northern Virginia with the exception of one son in Bolivia. Her youngest daughter, Nora, lives in Arlington and the other two daughters are neighbors in Chantilly. Two sons live in Gainesville, VA. She is pleased and proud to have 17 grandchildren and 5 great grandchildren! Before moving to Culpepper Garden, she lived with the various children and helped with her grandchildren. In 2010, her daughter, Nora, asked if she would like to find a permanent home so that she wouldn't need to move around. She visited Culpepper Garden and when Nora asked if she liked it, her answer was "Yes!" She was thrilled when she learned that a studio was available four weeks later. It took about a year for her to be comfortable since she had never lived on her own and missed her family..

Nora's children are very attentive to her, call her every day and she visits them on weekends. They insist on paying for travel she has taken to Bolivia and most countries in Europe. They thank her often for all she did for them and for enabling them to have their present lives. They understand and appreciate her journey and now take good care of her. Since her children are all U.S. citizens, she decided to follow their example. Her son helped her prepare for the citizenship test; they posted questions on her wall, rehearsed answers on weekends, and she became a U.S. citizen in 2014.

Nora is a regular volunteer for AFAC and previously checked in residents for meals when that was standard practice. Because she cooked all during her life, she doesn't enjoy cooking now. She has breakfast in the dining room and other meals in her apartment. She attends Yoga classes and also loves to dance. She enjoyed dances that Culpepper Garden had in the past; maybe an idea for the future? Nora keeps busy with her children, grandchildren and great grandchildren, and is always happy to help out at Culpepper Garden, her home sweet home.

Resident Spotlight Written By: Mary Campbell

RESIDENT ASSOCIATION

VARIETY STORE

Open!
Monday, Wednesday, Friday
1PM - 3PM

JANUARY RESIDENT MEETING

January 19th
1PM - 3PM
Multipurpose Room

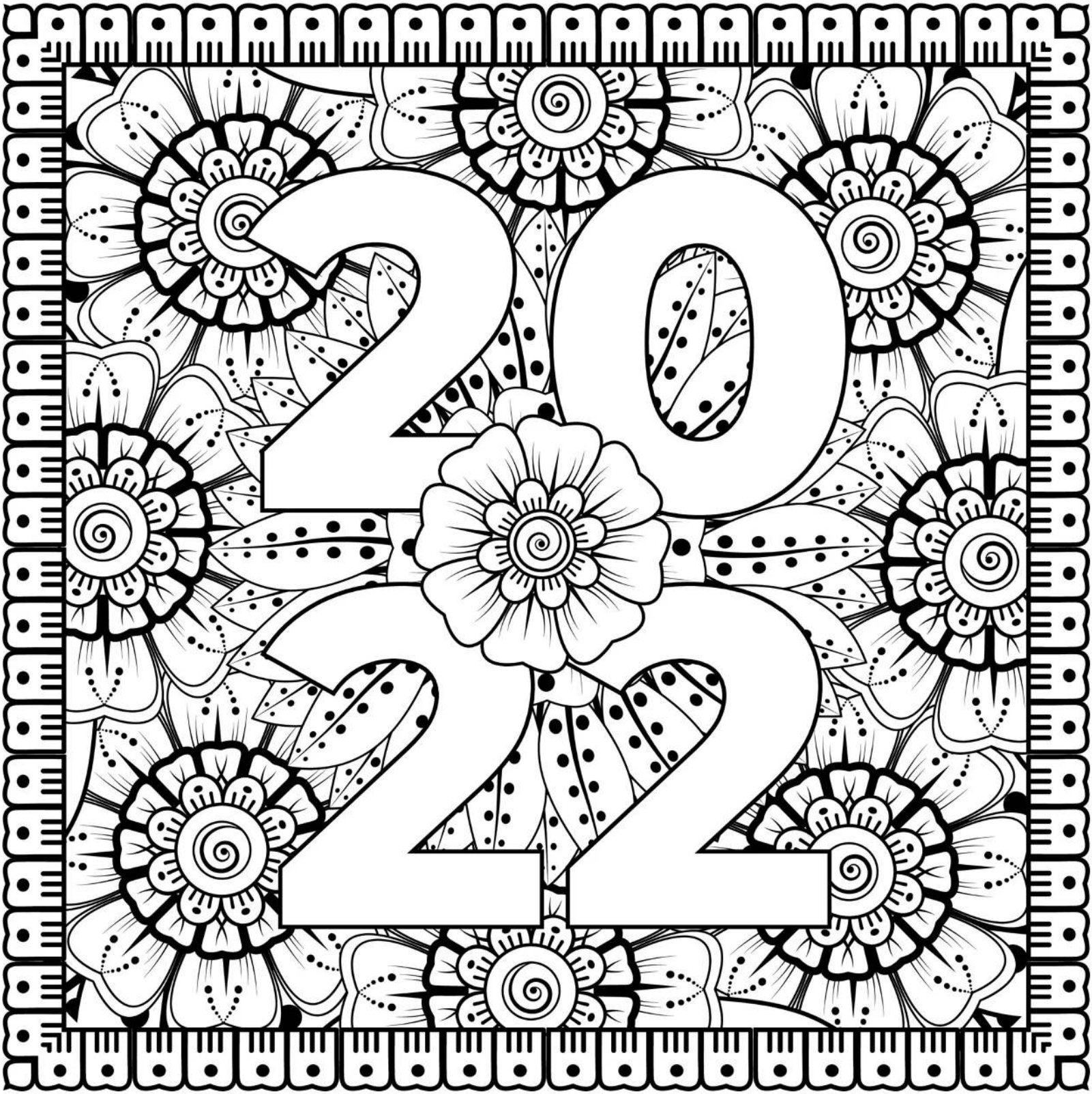
2022 BOARD

President: Dee Bivens
Secretary: Brenda Younger
Store Manager: Diana Power
Auditing Committee: Pat Ulmer and Ruth Tejada

CONTACT US

8th Floor Office
Flyer Box
Suggestion Box (By The Front Desk)

Resident Association President
Dee Bivens


2022

HAPPY
NEW
YEAR

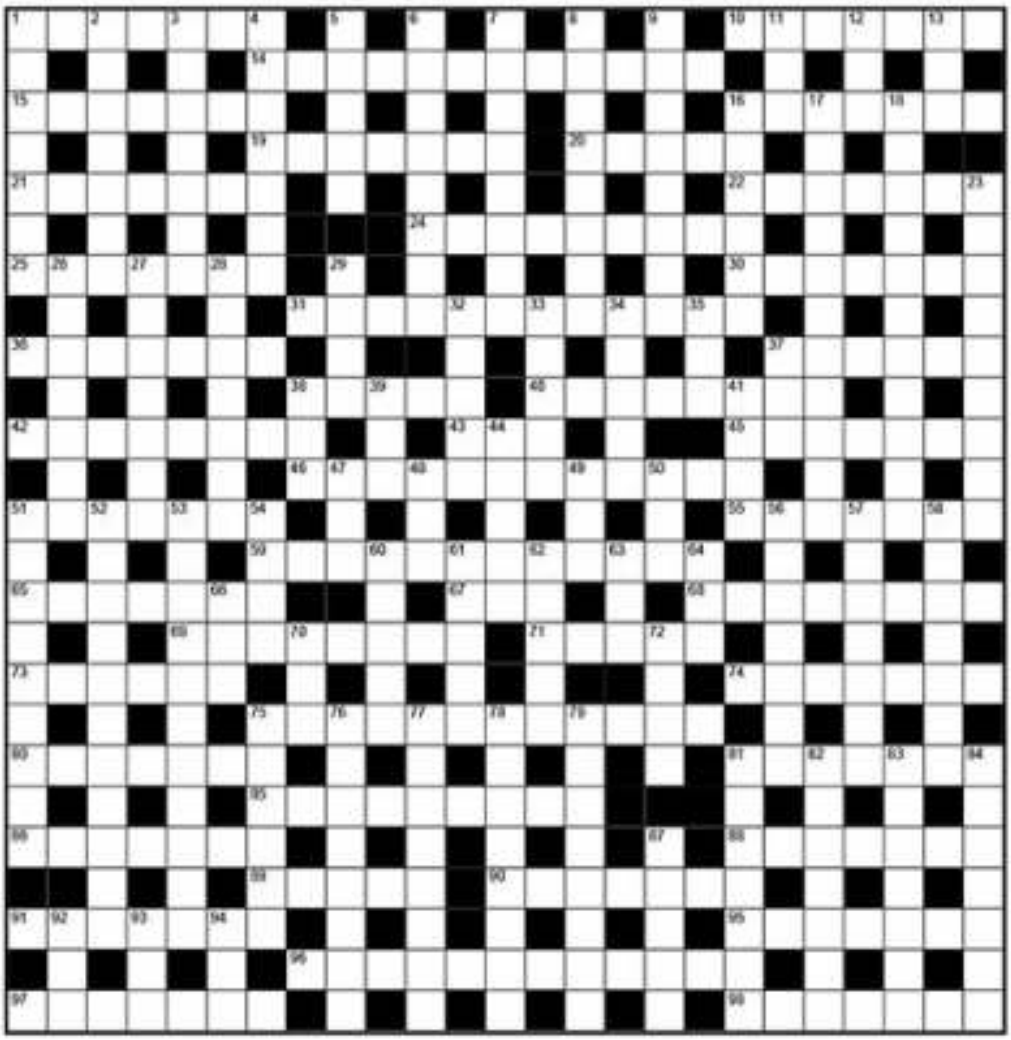
New Year's Celebration

Words are placed horizontally, vertically and diagonally, both forward and backward.

X V F Z J R E C N N S L C P V L I Q T T R C Z U A K Z C M Q
I W S I Y V B L Q H J J A N U A R Y F I R S T I C X H A V Z
D H V U Y S V S H W G S N R O H W P F L M P N A P W F B H J
O I M Z L Y E W L C S Y O R N E Z M O Y Q E L Q O J N B Y U
E S Y M P F N A C S S T A H Y T R A P V C B S N O L C A D K
W T U L Z C Y Z C E M I T R E H T A F Z N D E Q W A H G R H
J L V G I E S G W O S C G U L Z C A M H S W H N U Z J E V N
G E V B K Q G N S F L K G E I P B J R L Y U C L Y A A T U S
M S K U G O N O Y X H R B N T G J E A E Y D W R W S R I P V
E N E G Q A A I Y Y K O L J G O V B A T H N A A X X W E J W
F M S A F S L S S O E Y A E C V U R T J A F R N G U Q L C U
Z A F Q V U D E T P F W C B C A S T B O P X D G C C P W M C
K C I R O C L M A H W E K B P E M G O Z C O M D S P V L S U
F O U U P U U A R P F N E D V U Q S K F F C P E R I W U X R
V E M T Y E A K S C A V Y E Z B U Q T O D S H P A D F G F R
Z Y H U W T Z E S I F R E C X E P W J F R E W X E R K Y G A
U M V S T E R R N R Y X P R A C G A X S C G B M Y R U H I G
H O L I D A Y E E F I C E L E B R A T I O N A T W O S M T X
N X T U A Z R S T E L Q A Z B V V P R S K R O W E R I F Y B
M W Z Q C K O P B T Y K S B S A D C E D N W A Y N L K N Q G
Y T S I Q L G V A R I T I U X C L Z O L L I S U Y N G F W V
C X Y J U V F P B V Y L I A E E L L Q O Y A B V P V E Z R X
E R K T A O I A Y X V M G F S V X G D G S J J K P K Z H R U
F U I F I Z D R N V V Z F W T N E V E R N F G A A V A Z U G
M O W S N N J T E W N W N Y F E A R T T O L V S H X Q O M W
N R C R T J V I W J E T I H W T G L I O O P U S T H P H U B
E H Y I A O M E Y P V B G E R Y C W U E L R H W H S E K Y X
F S T T N P K S E M I T Y L I M A F J I L B G P G H A C O Y
I C M T C K D O A C H M B L O H K E K N A Z K A I H P M I R
L M T E E H O O R O X H B A Q I W H O I B Y B R N Y R K L G
Y E O F G G G A I Y W U K R E V L I S Z Q R F A D I H D X Z
O K C N F L C A T C S R F O O T B A L L I S P D I K Z B B R
J S I O N M J H U Z V N L L P R C N N Y N C J E M O O E L A
N N P C W F W H J U C M I F A H Y R V S I O K O N S T U D P
E H B X T E I M T S K G Q Y K F C O U X L M F G Z O G W H V

acquaintance
Auld Lang Syne
Baby New Year
ball drop
balloons
black
black eye peas
cabbage
celebration
confetti
enjoy life
family time
Father Time
fireworks
football
get fit
get organized
get out of debt
glitter
gold
Happy New Years
holiday
horns
January first
midnight
New Year's Eve
New York City
noisemaker
parade
parties
party hats
poppers
resolution
silver
stars
Time Square
whistles
white

New Year's Eve Crossword



ACROSS

1 Social gatherings we all enjoy (7)
10 See 42 across (7)
14 Wish for all at this time (5,3,4)
15 Large ocean disturbance (7)
16 Grassy plain of the USA (7)
19 Tell a story (7)
20/74/34 Where many may be enjoying this festive time (2,3,7,5)
21 Enlightened (7)
22 These are well-quenched on this night (7)
24 Cover with overlapping tiles (9)
25 Many of these will be used in social gatherings (4,3)
30 One of Batman's adversaries (7)
31 Unwelcome guests (12)
36 Closely packed together as those watching the fireworks will be (7)
37 Lessened in intensity (6)
38 Up front (5)
40 Flood (8)
42 What follows New year's eve; ... ... of 10 across (3,5)
43 Large Australian flightless bird (3)
45 How we like our 51 down (3-4)
46 Not easily angered (4-8)
51 Nearest (7)
55 Gives evidence in court (7)
59 This will be sung regularly on 7/85/87 (4,4,4)
65 The upper rotating part of a theodolite (7)
67 World's major power (1,1,1)
68/39 When major celebrations and fireworks displays are enjoyed (3,4*1,3)
69 Loiter aimlessly (8)
71 Burn with boiling water (5)
73 Very attractive (6)
74 See 20
75 Used in preparing offerings of presents (4,8)
80 Traditional Spanish means of execution (7)
81 Measured the heaviness of (7)
85 See 7 Down
86 Jealous (7)
88 What we all hope to have during the celebrations (4,3)
89 Small, water-surrounded land mass (5)
90 Selling (7)
91 This is what a punter generally manages to do with his money (5,2)
95 Worship (7)
96 Those relying on reason rather than intuition (12)
97 See 72 Down
98 Smooth operator (7)

DOWN

1 Plant whose leaves are used in cooking (7)
2 Comedy act which may be on view on New Year's Eve TV show (7)
3 Early 20th century poetic movement (7)
4 Noisy party, many of which will occur on New Year's Eve (7)
5 Game (5)
6 Explosive invented by Alfred Nobel (8)
7/85/87 The date of 68/39 (8,3,6,5)
8 Great monuments of Egypt (8)
9 Quickest, most competitive route to success (4,4)
11 Broadcast (3)
12 Tertiary institute (abbrev) (3)
13 French king (3)
16 Long-time established brand of ice cream (6)
17 A gnu (1,10)
18 Decisions on changes to be made in the following year (11)
23 Mounts with a leg on either side (9)
26 Relating to a distinctive period of time (7)
27 Confidence tricks (3-4)
28 Removes the stoppers for pouring our drinks for toasting (7)
29 Sworn word (4)
32 Trainee (5)
33 Plant genus which includes celery (5)
34 See 20 Across
35 Scottish rocker; Sir ..... Stewart (3)
37 Air Training Corps (init) (3)
38 Devoured (3)
39 See 68 Across
41 Verdi opera set in Egypt (4)
44 Intends (5)
47 Volume (abbrev) (3)
48 Zero (3)
49 Dance step (3)
50 Stood for office (3)
51 Most popular drink for New Year toasts (9)
52 Where objects in martinis come from (5,6)
53 High praises (11)
54 Former Chinese monetary unit (4)
56 Used to pull a broken-down car (7)
57 Latter part of the day when preparations for a great night are proceeding (7)
58 Balcony or patio (7)
60 Finger or toe (5)
61 Predict (5)
62 Fill the petrol tank in USA (3,2)
63 Supporting vote (3)
64 Conclude (3)
66 January the 1st is 68 ..... (3)
70 Floral garland (3)
72/97 Often New Year's Day is part of this (4,7)
75 Understands (4,2)
76 What a visiting bludger does (8)
77 Attitude to rain on New Year's Eve (2,4,2)
78 Coming to the party (8)
79 In a snooping manner (8)
81 Humorous or jocular (7)
82 Settle a problem by negotiation (4,3)
83 In a passing mood of pique (7)
84 Thickest (7)
87 See 7
92 Be indebted (3)
93 Moose (3)
94 Tavern (3)